



# Tuna Apple Salad

*Apples and raisins add a nice twist to traditional tuna salad.*

**Makes 4 servings.** 1 cup per serving.

**Prep time:** 15 minutes



## Ingredients

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|---|---|
| 2 (6-ounce) cans water packed tuna, drained | ¼ cup golden raisins                    |
| 2 tablespoons finely chopped red onion      | 3 tablespoons fat free Italian dressing |
| 1 medium apple, cored and chopped           | 2 cups salad greens                     |
| ¼ cup chopped celery                        | 2 medium whole wheat pitas              |

## Preparation

1. In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 tablespoons of dressing.
2. In another medium bowl, toss together salad greens with remaining dressing.
3. Cut pitas in half to make 4 pita pockets.
4. Carefully fill pita pockets with equal amounts of salad greens and tuna salad. Serve.

**Nutrition information per serving:** Calories 216, Carbohydrate 27 g,  
Dietary Fiber 4 g, Protein 25 g, Total Fat 2 g, Saturated Fat 0 g,  
Trans Fat 0 g, Cholesterol 26 mg, Sodium 544 mg